

McLaren Leisure Timetables

Monday 6th Jan - Sunday 9th February



Swimming Monday	LANE SWIMMING 07:00-08:00	LANE SWIMMING 08:00-09:00	PUBLIC 09:00-09:45	SCHOOL 09:45 - 10:35	PUBLIC 10:35-11:30	PUBLIC 11:30-12:30	MCLAREN LESSONS 12:40-13:40 (PUBLIC 12:30-14:00)	SCHOOL 14:00 - 15:00	PUBLIC 15:00-16:00	MCLAREN LESSONS 16:00-19:00			PUBLIC 19:00-20:00	LANE SWIMMING 20:00-21:00
Swimming Tuesday	LANE SWIMMING 07:00-08:00	LANE SWIMMING 08:00-09:00	PUBLIC 09:00-10:00	MCLAREN AQUACISE 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	SCHOOL 13:00-14:00	PUBLIC 14:00-15:00	PUBLIC 15:00-16:00	MCLAREN LESSONS 16:00-19:00			PUBLIC & AQUACISE 19:00-20:00	LANE SWIMMING 20:00-21:00
Swimming Wednesday	LANE SWIMMING 07:00-08:00	LANE SWIMMING 08:00-09:00	SCHOOL 09:10-10:00	MCLAREN LESSONS 10:00-11:00	SCHOOL 11:10-12:00	SCHOOL 12:00-12:50	SCHOOL LUNCH CLUB 12:50-13:40	PUBLIC 13:45 - 15:00	PUBLIC 15:00-16:00	MCLAREN LESSONS 16:00-19:00			PUBLIC 19:00-20:00	LANE SWIMMING 20:00-21:00
Swimming Thursday	LANE SWIMMING 07:00-08:00	LANE SWIMMING 08:00-09:00	SCHOOL 09:00-10:00	SCHOOL 10:00-10:50	MCLAREN AQUACISE 11:00-12:00	PUBLIC 12:00-13:00	PUBLIC 13:00-14:00	PUBLIC 14:00-15:00	PUBLIC 15:00-16:00	PUBLIC 16:00-17:00	PUBLIC 17:00-18:00	SWIMFIT 18:00-19:00	PUBLIC 19:00-20:00	LANE SWIMMING 20:00-21:00
Swimming Friday	LANE SWIMMING 07:00-08:00	LANE SWIMMING 08:00-09:00	PUBLIC 09:00-10:30		MCLAREN LESSONS 10:50-11:50 (PUBLIC 10:30-12:00)	SCHOOL 12:00-12:50	MCLAREN LESSONS 13:00-14:00	PUBLIC 14:00-15:00	PUBLIC 15:00-16:00	MCLAREN LESSONS 16:00-19:00			19:30-20:45 Determinator *T's & C's Apply	
Swimming Saturday			LANE SWIMMING 09:00-10:00	PUBLIC 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	PUBLIC 13:00-14:00	PUBLIC 14:30-15:30		16:00-17:00 public				
Swimming Sunday			LANE SWIMMING 09:00-10:00	PUBLIC 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	PUBLIC 13:00-14:00	PUBLIC 14:30-15:30		16:00-17:00 public				

PLEASE NOTE SWIMMING POOL

1. Timetables are subject to change at short notice
2. Swimming pool ratios apply
3. Access to deep end only during shared public swimming sessions
4. We suggest pre booking to avoid disappointment. Bookings can be made at www.mclarenleisure.co.uk/onlinebooking/

The weekend 14:30 Public Swim session may be closed for private bookings. Please see online booking for availability



For full session availability visit our website www.mclarenleisure.co.uk

Don't forget to book your swimming and soft play sessions online.

BIG GYM OPENING HOURS

Monday	07:00-21:00
Tuesday	07:00-21:00
Wednesday	07:00-21:00
Thursday	07:00-21:00
Friday	07:00-21:00
Saturday	09:00-17:30
Sunday	09:00-17:30

SMALL GYM OPENING HOURS

Monday	07:00-21:00
Tuesday	07:00-14:00 & 15:50-21:00
Wednesday	07:00-11:10 & 12:50-21:00
Thursday	07:00-21:00
Friday	07:00-09:10 & 10:50 - 21:00
Saturday	09:00-17:30
Sunday	09:00-17:30

SOFT PLAY OPENING HOURS

Monday - Friday	09:00-11:00 12:00-14:00 15:00 - 18:00
Saturday - Sunday	09:00-10:30 11:30-13:00 14:00-15:30

POOL RATIOS

1. A child under the age of 4 years must be accompanied by an responsible adult (one adult to one child)
2. Children between 4 and 8 years must be accompanied by a responsible adult (one adult to two children)
3. Competent swimmers over the age of 8 years may swim unaccompanied.
4. Children between 8 and 14years who are attending determinator sessions must be able to swim 20meters without buoyancy aids or assistance.

FITNESS SUITES/GYMS

1. Timetables are subject to change at short notice
2. Public times shown may be shared with McLaren Cycle & RigFIT classes, these times are displayed in gyms. the Shared and closed times shown are in partnership with McLaren High School.